

# West Burlington Elementary Falcon Flyer

## March 2020



### Principal's Corner

We are hoping our efforts to put this crazy season of sickness to rest are paying off! Please accept this gentle reminder to keep your kiddo home if they have a fever. Students need to be fever free WITHOUT medication for 24 hours before they return to school. This practice will help reduce the spread of germs and illnesses around the school.

Hope to see a lot of parents and families at our annual Read Across America Day on Monday, March 2nd at 2:45. All parents and families are invited to join us on that afternoon as we line the hallways and snuggle in with our favorite books. It will be a school-wide pajama day as well! (Parents, you can wear jammies, too!) "The more that you read, the more things you will know. The more that you learn, the more places you'll go." (Dr. Seuss)

### Celebration Time

We will be holding our March Celebration Assembly on Wednesday, March 4th at 2:35 p.m. We will be recognizing perfect attendance, math awards, class recognitions and the BUG Award.

### WB Elementary PreSchool Registration

Registration is currently in progress with paperwork in the office and registration placement on a First Come, First Served basis. Your child must be 4 years old by Sept. 15, 2020. Please bring copy of Birth Certificate and Immunization records to finish paperwork requirements and get on the list.

**Registration ends Monday March 16th.**

March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 1	2 Read Across America Day 2:45 PM PTO Wendy's Night BOOK SWAP STARTS	3	4 Recognition Assembly 2:35pm	5	6 Early Out 2:15pm	7
8	9	10	11	12	13 Early Out 2:15pm	14
15	16 School Board 6:00 pm Preschool Registration Ends	17	18 PTO meets 5:30 pm	19	20 Early Out 2:15pm QTR 3 Ends	21
22	23 NO SCHOOL Teacher Inservice	24 QTR. 4 Begins	25	26	27 Early Out 2:15 pm	28
29	30	31	April 1	2	3 Early Out 2:15	4

## **Day of the Child at Westland Mall**

Day of the Child at Westland Mall is Sunday March 22, 2020 from 12:00-4:00 p.m. Day of the Child is an free, annual event for children and families. Many organizations and agencies will be set up to provide information, games, arts, crafts, activities, giveaways and entertainment.

## **WEST BURLINGTON KINDERGARTEN ROUND UP PARENT MEETING for 2020-2021 School Year**

Round Up is an informational meeting for **PARENTS** of children who will be 5 years old by **September 15, 2020** **AND** will be attending West Burlington Elementary School.

**WHEN:** April 2, 2020

**TIME:** 5:00 TO 5:30 P.M. Drop off completed forms.

**TIME:** 5:30 P.M. TO 6:00 P.M. Parent Meeting

**WHERE:** West Burlington Elementary

**ITEMS TO BRING:** Birth Certificate, Immunization Record, Completed forms.

**PLEASE PRE-REGISTER YOUR STUDENT BY CALLING THE ELEMENTARY OFFICE at 754-5726.** (Please do not leave any information on voicemail.)

**Paperwork / Forms are currently available in the office.**

**In the past, we have invited all students in for an afternoon or morning session. This year, we will only be inviting students who do not currently attend our WB Elementary Falcon Preschool to an afternoon/morning of assessments.**

**Share this info with families you know with Kindergartners starting at WB Elementary next year!**

## **10 REASONS TO GET INVOLVED WITH PTO**

Your child benefits.

We make a difference.

We pledge to honor your time constraints.

We have fun!

Meet nice people who share your concerns.

There's a lot to be done.

We can match jobs to your interests and abilities.

We're welcoming.

We're about parent involvement, not fundraising.

This work is very rewarding.

### **Notice of Nondiscrimination**

It is the policy of the West Burlington Independent School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact Equity Coordinator, 607 Ramsey St., (319) 752-8747, [Equity.Coordinator@wbschools.us](mailto:Equity.Coordinator@wbschools.us).

## Nurse's Notes

We have seen several types of illness this past month. Please remind your children to wash their hands frequently and cover their mouth when coughing or sneezing.

Influenza A and B symptoms are fever, body aches, headache, sore throat, congestion, runny nose, coughing and fatigue. Stomach Flu symptoms are vomiting and diarrhea. Your child must be fever free for 24 hours (without medication) and 24 hours from last active flu symptoms to return to school.

It is important to take your children for yearly well child checks, 6 month checkups with dentist and keep immunizations up to date. Remember that breakfast is the most important meal of the day and the Elementary serves breakfast from 7:35 am - 7:55 am every day.



## Counselor News

All students will be learning about **The Zones of Regulation**® during guidance lessons over the next several months. The “Zones” are lessons and activities designed by Leah Kuypers, licensed occupational therapist, to help individuals gain skills in the area of self-regulation. Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library. The lessons and learning activities are designed to help the students recognize when they are in the different zones as well as learn how to use strategies to change or stay in the zone they are in. In addition to addressing self-regulation, the students will gain an increased vocabulary of emotional terms, skills in reading other people’s facial expressions, perspective about how others see and react to their behavior, insight into events that trigger their behavior, calming and alerting strategies, and problem solving skills.



A critical aspect of this curriculum is that all team members know and understand The Zones language. This creates a comfortable and supportive environment for the student to practice his or her self-regulation skills. It also helps the student learn the skills more quickly and be more likely to apply them in many situations. You can support the student during this process by doing the following:

- Use the language and talk about the concepts of The Zones as they apply to you in a variety of environments. Make comments aloud so the student understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, “This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths.”
- Help the student gain awareness of his or her zones and feelings by pointing out your observations.
- Validate what zone your students are in and help them brainstorm expected ways to self-regulate so their behavior is expected for the context.
- Share with the student how his or her behavior is affecting the zone you are in and how you feel.

## Counselor News (Con't)

- Help the student become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her zone with you.
- Show interest in learning about the student's triggers and Zones tools. Ask the student if he or she wants reminders to use these tools and how you should present these reminders.
- Ask the student to frequently share his or her Zones Folder with you and talk about what he or she has learned.
- Make sure to positively reinforce students for recognizing their zone and managing their behaviors while in it, rather than only pointing out when students are demonstrating unexpected behaviors while in a zone. It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones. All of the zones are expected at one time or another. The Zones of Regulation is intended to be neutral and not communicate judgment.

To learn more about the Zones curriculum, feel free to call or stop in to visit. You can also visit the Zones of Regulation website at [www.zonesofregulation.com](http://www.zonesofregulation.com).

Some **Glossary** terms you might hear your child mention:

**Blue Zone:** Used to describe a low state of alertness. The Blue Zone is used to describe when one feels sad, tired, sick, or bored.

**Green Zone:** Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content when he or she is in the Green Zone. The student feels a strong sense of internal control when in the Green Zone.

**Yellow Zone:** Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student's energy is elevated yet he or she feels some sense of internal control in the Yellow Zone.

**Red Zone:** Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behavior, panic, extreme grief, terror, or elation when in the Red Zone and feels a loss of control.

**Toolbox:** A collection of calming and alerting strategies a student can pull from depending on the present need.

**Tools or strategies:** Used interchangeably to refer to a calming or alerting technique that aids the student in self-regulation.

**Expected behaviors:** Behaviors that give people around you good or comfortable thoughts about you.

**Unexpected behaviors:** Behaviors that give people uncomfortable thoughts about you.